



## NEWS & FEATURES

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Below: the lovely Steph  
celebrates Easter while wearing  
blue for Autism Awareness Month



# Message from the CEO and Chair

Greetings all,

We hope that everyone enjoyed the recent Easter and Anzac Day weekends this month, which gave us opportunities to reconnect with friends and family. Having a few days off work has hopefully enabled tired staff to have a well-deserved break and opportunity to refresh.

Thursday 28th April marks the National Day of Action – ‘Defend our NDIS’ with many events being carried out throughout the country to highlight the scheme to all Politicians and the community the need to safeguard the NDIS for current and future families.

SASI continues moving ahead with a range of activities to cement our 2022 recovery plans. The pandemic and its impact caused disruptions to many things in our community so focussing on a path to recovery and innovation for our staff and families is vital to SASI delivering on its vision to be the ‘Go to’ place for people with autism and other complex disabilities.

‘Come and Try’ days at the Seaford hub to encourage new people to see what SASI is offering start in May, targetted social media marketing is informing everyone about what SASI can offer to their loved ones. Expressions of interest are current for our new playgroup at Mt Martha for 0-5 years, Home to Community, Short Term Accommodation(STA) and Camps. There is increased activity and interest from families in our ‘new covid normal’.

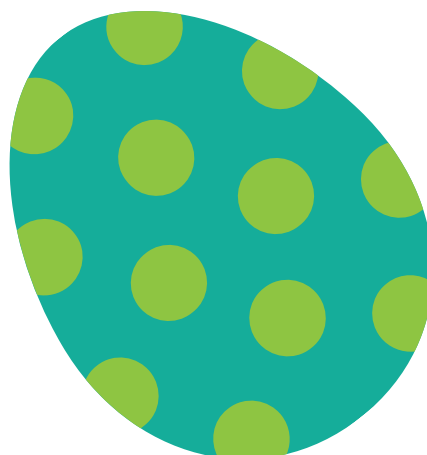
April has been the month of Boosters and we are in the season of Influenza Jabs to safeguard our staff and clients. Staff continue to use RATS and wear PPE to ensure safety for everyone.

SASI remains committed to our mission of providing quality services to support people on the spectrum to choose and achieve their goals. We will develop and deliver flexible services to respond to client needs and funding. We will also expand our relationships and partnerships with other “like minded” organisations which can support us to meet our clients' needs for the future.

We are keen to receive feedback/suggestions from our SASI community, staff, clients and families..... please email [enquiries@sasi.org.au](mailto:enquiries@sasi.org.au) with your comments, thoughts, and any ideas!

Stay safe everyone  
Happy reading  
Cheers,

Kath (CEO) & Louise (Chair)



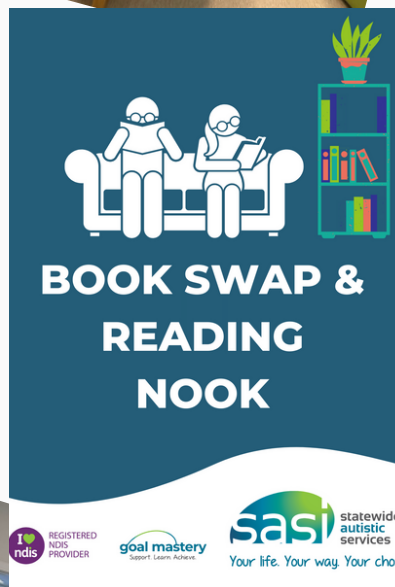


# Latest Adventures

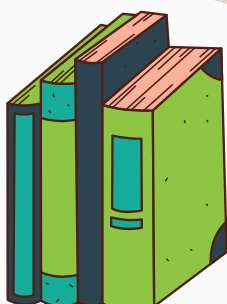
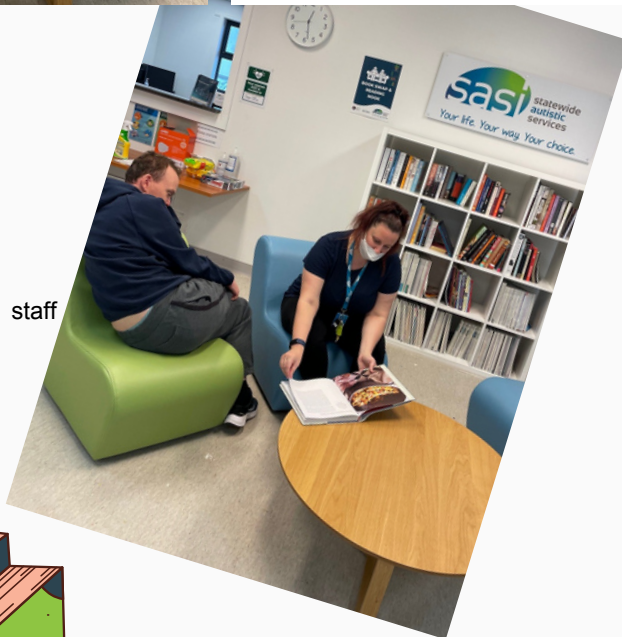
## Across all Sites and Services

Following a quick makeover of the reception area, our Seaford Hub gained a whole new nook for our clients to hang out and read. We can predict that this space will be a hit during the winter months being so cozy and packed with good reading options.

Below and right: Malcolm reading Harry Potter



Right: Dieter and staff member Renee



## Trevor's Birthday

Trevor went out for a special dinner with staff.



## Steph's Birthday

Steph spent a wonderful day out with her family! Her face lights up for cake!



## Cheltenham House

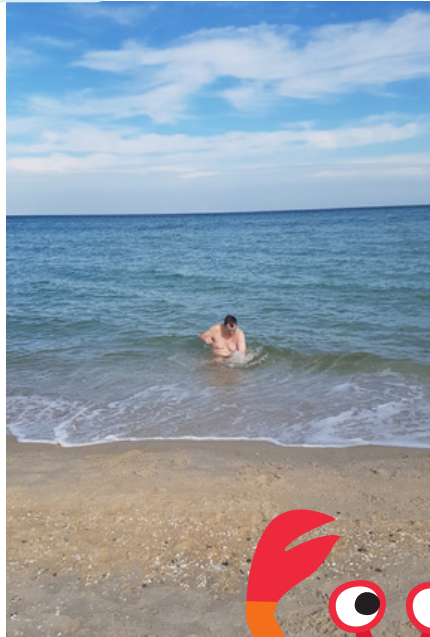
Matthew went out for lunch with Dad Dean

Left: Dean and Matthew

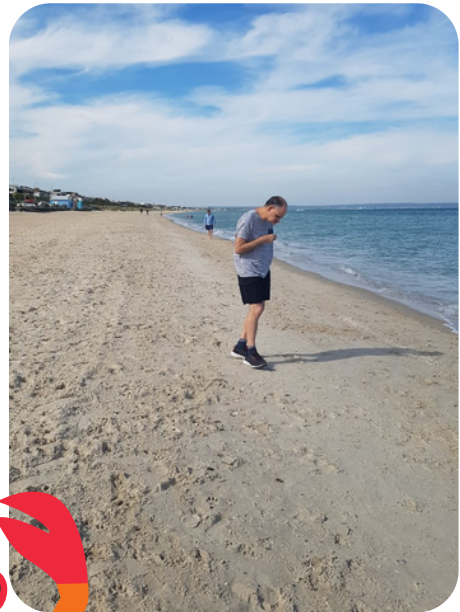


## Aspendale House

Joe and Savier enjoyed a day at the beach- Joe even braved the cold water making the most of the weather



Above: Joe swimming



Above: Savier

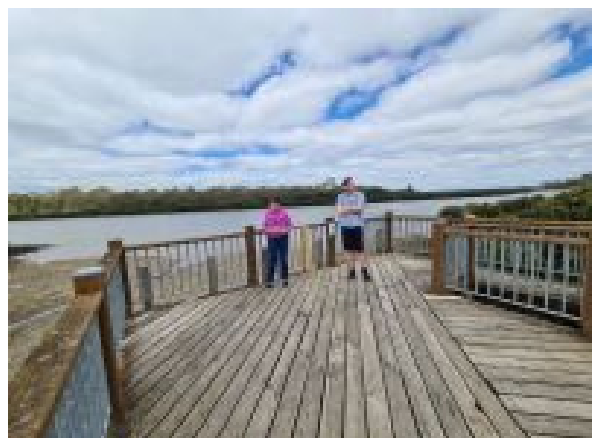


## Mordialloc House



Megan and Nicholas visited the beach then enjoyed walking around beach area

Left: Nicholas  
Right from L-R: Megan and Nicholas





# Aspendale House



Today Todd went to the City, he explored shops, cafes and street artist. He learned independent skills with MIKI train ticket also how to pay cash at shops and receive the balance and keep it safe. He enjoyed every moment of the City visit.



Above and left: Todd



Above: Peter

the boys thoroughly enjoyed an Easter hunt and the chocolate rewards

## Easter EGG HUNT



Above: Todd



## Dandenong House



Luke choose to go the café today, luke ordered a cake and a drink for lunch, we then went to cranbourne botanical gardens for a walk and saw some wallaby's, Luke watched them for awhile and was very happy that they were getting so close!

Left: Luke  
Right: Mr Wallaby



## Langwarrin House



Clients at Langwarring house certainly made the most of this beautiful Autumn weather



Above: Connor



Above: Gregory

## ACTIVE CHOICES

### Newborough Hub

The joys of living in rural Victoria is having some amazing locations at your doorstep.

Participants and staff enjoyed a stroll in the bush and some lunch at the picnic area at the Crinigan Bushland Reserve.



Above L-R: Dwayne, Brad, Ajay, Daniel and Tom



# ACTIVE CHOICES

## Seaford Hub

The Hospitality Team at the Seaford Hub were busy in the lead up to Easter baking dozens of delicious hot cross buns for everyone to enjoy. The clients made the buns from scratch \* weighing the ingredients \* stirring it through into dough \* kneading the dough and then leaving it to rise \* breaking the dough up and weighing it into exact measurements \* making a paste and with piping bags placing the cross on top of the buns \* baking the buns in the oven \* whilst the buns were baking making a glaze \* as soon as the bus came out of the oven the glaze was applied The results speak for themselves



Clockwise from above: Todd kneading the dough.

Above Right: Aisha loves baking

Right: The result - soft and sweet buns that all got to enjoy and take home t



## Autism Anxiety after COVID

As we come out our COVID lockdown cocoons, we need to be mindful that while this is a great time for those who are social butterflies, it can be an extremely difficult time for those who are less social and would prefer to stay wrapped up and tucked away indoors.

People who are on the autism spectrum generally struggle when it comes to being social and interacting others. Lockdown has suited them to a tee, giving them the opportunity to stay in what they deem to be a 'safe' environment.

[Read More](#)





## Lentil Dahl

by Chef Malcolm



### INGREDIENTS

3 Cups of Lentils  
3 Cups Chick Peas  
2 Onions  
3 Carrots  
1 1/2 Cups of curry powder  
1/2 Cups of cumin  
1/2 Cups of ground coriander  
1/4 Cup of sweet paprika  
1/4 Garam Masala  
2 Cans of coconut milk  
2 Cups of crushed tomatoes  
1 Cinamon Stick  
1 lt Vegie Stock

### DIRECTIONS

Dice Onion and Carrots  
Fry with 2 cups of lentils until coated  
Add spices and continue to cook on low until aromatics are released  
Add stock and crushed tomatoes and cook on moderate heat  
When lentils have lost their bite add coconut milk and chick peas  
Continue to cook for 30 mins or until thickened  
Season and serve with yogurt

## Staff Feature

### Kerri Support Worker

What does your role at SASI involve?

Supporting clients to gain skills at our  
Newborough or Moe sites

If given a chance, who would you like  
to be for a day?

A psychic, would love to know everything 🧐

What TV Show/Movie is your guilty  
pleasure (yes, time to admit you love  
it)?

The Crown, I do enjoy a bit of Royalty.

Three words that best describe you?

Kind, loyal, respectful

What is the one thing you cannot  
resist?

Cinema Popcorn



What do you do when you are not working?

Spend time working on our farm

Why do you enjoy working at SASI?

I like to think we are making a  
difference in someone's life





LET'S TALK ABOUT...



## *Client & Operational Services*

Hello everyone,

Welcome to Pebble and let's start with a big THANK YOU to our new subscribers we hope that you enjoy being part of our community.

Did you know that Amaze Connect has a free, national autism helpline? It provides independent and expert information over phone, email and webchat.

It supports autistic people, their families and carers, health professionals, researchers, teachers, employers and the broader community.

Find out more here: [https://linkprotect.cudasvc.com/url?a=http%3a%2f%2fow.ly%2fL8EP50lvHct&c=E,1,b7oq-gtcQ6BPo0XxfG8ZU7\\_vq78aiPUbB95nqZZhcq4eTkKPh58pMFHVbhkyvZIG76msBepIxrZXhiabcO4ZBR44W4Am0qo0tZm6-wUALLpwd847eM-xYQ16gw,,&typo=1](https://linkprotect.cudasvc.com/url?a=http%3a%2f%2fow.ly%2fL8EP50lvHct&c=E,1,b7oq-gtcQ6BPo0XxfG8ZU7_vq78aiPUbB95nqZZhcq4eTkKPh58pMFHVbhkyvZIG76msBepIxrZXhiabcO4ZBR44W4Am0qo0tZm6-wUALLpwd847eM-xYQ16gw,,&typo=1)

### **LET'S TALK ABOUT ...**

Diversity, Equity and Inclusion ... Diversity Is A Big Word. What Does It Mean And What Can We Gain From It?

The world has become highly diverse, but many places have not—especially when it comes to a culturally diverse, gender-balanced environments, which is needed to truly drive value. As the world continues to wade through unknowable post-coronavirus impacts, there is a crying need to move from compliance to diversity as a business strategy and redefine the whole concept of diversity and inclusion—for business recovery, team resilience, and valuing, supporting, nourishment, encouragement. Empowering each client and team member is an essential part of inclusion at SASI.

It's important to know that gender diversity does not cause mental health problems, however if you are experiencing some common things that can affect your wellbeing and may increase your vulnerability to developing mental health difficulties, Headspace have some terrific resources on gender identity and how you perceive your gender, how you show this to others, and how you want others to treat you.

<https://headspace.org.au/assets/download-cards/09-Gender-Identity-headspace-fact-sheet-WEB-V4.pdf>



LET'S TALK ABOUT...



## Client & Operational Services

We celebrate that each person on our team is different in one way or another and that continually helps us make better decisions, we welcome any suggestions and ideas on how you would like to see SASI be more inclusive, so drop me an email or feel to buzz for a confidential conversation.

If you ever feel unable to cope because of intense emotions or if you have thoughts of harming yourself, then ask for help instantly.

For immediate help contact triple zero (000) if it is an emergency National 24/7 crisis services:

- Lifeline: 13 11 14 or [lifeline.org.au](http://lifeline.org.au)
- Suicide Call Back Service: 1300 659 467 or [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)
- beyondblue: 1300 224 636 or [beyondblue.org.au](http://beyondblue.org.au)

### TEAM UPDATE:

We are pleased to advise that we have two new team members in the Corporate Services area.

Jim joins the team as NDIS Funding Officer to back-fill Sharna as she takes maternity leave, Jim he picks up responsibility for all things quoting and funding related.

Jess will also join the team as HR Adviser on the 17th May filling the vacancy in HR.

We look forward to welcoming both Jim and Jess and building on the continued level of support delivered by the Corporate Services Team.

SASI farewelled our staff member Sharna with a lovely morning tea/baby shower. Good luck Sharna, have a lovely time at home with bubba!

### Welcome Aboard New Staff

Jess - HR Adviser

Jim - Funding Officer



Above L-R: Kath and Sharna





## WHAT'S NEWS:

Save the Date – Wednesday 25th May '22

We are delighted to invite you to walk through and try our refreshed Seaford Hub “Come & Try” Morning Event at Seaford Hub, click the link below to register your attendance.



The poster features a blue border. At the top left, a grey sticky note with a blue pushpin says "You're Invited". To the right, the text "Seaford Hub" is in large blue font, and "Come & Try Day" is in white script font on a blue background. Below this, two photos are shown: an outdoor area with a blue trampoline and a brown canopy, and an indoor room with tables, chairs, and colorful decorations. A green banner below the photos reads "Wednesday 25th May @ 10.00am and 11.00am". The main text describes the event, listing activities like screen printing, hospitality, and gaming, and mentions SASI staff. It provides the address "13 Sir Laurence Drive, Seaford" and contact information for RSVPs.

**You're Invited**

# Seaford Hub

## Come & Try Day

**Wednesday 25th May @ 10.00am and 11.00am**

*Come and try a variety of fun and engaging activities, such as screen printing, hospitality, gamer room and horticulture, at our state-of-the-art purpose-built hub. SASI's highly skilled and dedicated staff will be available on the day to answer your questions, and provide you with information in regards to SASI's range of exciting services and programs, including School Leavers Employment Supports, Weekend Activities & Support Coordination*

13 Sir Laurence Drive, Seaford

Places are limited, please RSVP to book your spot by emailing us @ [enquiries@sasi.org.au](mailto:enquiries@sasi.org.au) or give us a buzz on 1300 577 305. We look forward to seeing you there!



## STAY IN TOUCH:

Head to our website for more information or request a service by visiting: [www.sasi.org.au](http://www.sasi.org.au)  
Stay Safe, Stay Healthy, Stay Connected.

Warmest regards,

Melissa + Client Service & Operational Teams

## Contact Details

P: 13 Sir Laurence Dr, Seaford, VIC 3198

T: 1300 577 305

E: [enquiries@sasi.org.au](mailto:enquiries@sasi.org.au)

W: [www.sasi.org.au](http://www.sasi.org.au)

Want to share your ideas?  
Email us on [enquiries@sasi.org.au](mailto:enquiries@sasi.org.au)



**Supporting children, teenagers, adults with  
autism and other complex disabilities**

